



# **The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health (Alternative Medicine Guides)**

*Lise N. Alschuler, Karolyn A. Gazella*

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**A companion to *The Definitive Guide to Cancer*, this practical and fully revised guide (formerly titled *Five to Thrive*) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors.**

There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. *The Definitive Guide to Thriving After Cancer* combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin resistance, hormones, and digestion/detoxification. While other health plans may focus on one or two of these functions, this book is the only program that emphasizes a comprehensive approach needed for optimal health and recurrence prevention.

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